

# Space Nutrition



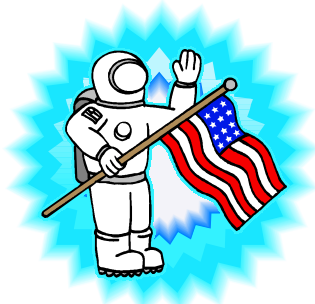
Volume 2

Remembering Columbia

Issue #6

## Our nation's loss

On February 1, 2003 - America lost seven heroes. We at NASA lost seven colleagues and friends. These individuals were kind and caring people, dedicated to their families and to their work.



## Write to us

STS-107 astronaut Michael Anderson would tell school kids, "Whatever you want to be in life - you are training for it right now." What do these words mean to you?

We'd like to know what you are thinking, and how this newsletter, the STS-107 mission, and the loss of Columbia and her crew have affected you.

Send us a card, letter, poem, or picture that you think would help us understand. We will share these with our co-workers here at NASA. We also hope to include some of your thoughts and messages in future newsletters.

[Space Nutrition Newsletter](#)  
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When contact was lost with the Shuttle Columbia that fateful Saturday morning - the heart of our nation fell. All of NASA, including the STS-107, PhAB-4, and Nutritional Biochemistry teams were shocked, and in many ways were unable to comprehend what was unfolding. Several weeks later, the grief and sadness continue as we slowly resume any sense of normal lives.



NASA is working hard to identify the cause of the loss of Columbia and her crew. Though it may take months to gather all the clues, the investigation teams are determined to discover the truth about what happened to Columbia.

Space flight is indeed a risk-filled venture, but exploration is always difficult. The seven astronauts on board the Columbia understood those risks, and their families know that they would agree that "the bold exploration of space must go on."

## Remembering STS-107

### ■ The Crew

Commander Rick Husband  
Pilot Willie McCool  
Payload Commander Michael Anderson  
Mission Specialist Dave Brown  
Mission Specialist Kalpana Chawla  
Mission Specialist Laurel Clark  
Payload Specialist Ilan Ramon

### ■ The Mission

The accomplishments of this crew during the 16 days Columbia spent on orbit showed their great dedication.

Over 80 experiments were performed during the mission. These included our Calcium Kinetics and the other PhAB-4 experiments. The crew did an outstanding job with all experiments. Even when a few had hardware problems, they worked to fix them, and then managed to recover as much scientific data as possible.

Several experiments received data transmitted to the ground during the mission. Unfortunately, the PhAB-4 experiments could not be completed without the samples collected while on orbit.



## Word of the Month

**Hero**

What does this word mean to you? Send your responses to:  
[Space Nutrition Newsletter](#)



“When we remember heroes we use memorials.”

“We memorialized the crew of Columbia by making stamps of them.”

[Velasco Elementary Exhibit](#)

[Artwork courtesy of students from PS 197 in New York City and 4th graders from Velasco Elementary, Freeport, TX](#)

**MET is Mission Elapsed Time. For a list of NASA acronyms, check out:**

<http://www.ksc.nasa.gov/inforcenter/acronym.htm>

**Check out the following NASA links for more information about STS-107 and the space program:**

<http://www.nasa.gov/columbia/>

<http://sfa.nasa.gov/downloads/sts107.htm>

<http://virtualastronaut.jsc.nasa.gov>

<http://www.nasa.gov/kids.html>

<http://www.spaceflight.nasa.gov>

<http://spaceresearch.nasa.gov>



**Check out the Nutritional Biochemistry Laboratory's website for more information about nutrition and space.**

<http://www.jsc.nasa.gov/sa/sd/facility/nutrition.htm>

